



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

December 2021

Line Dance Social

Fri., 12/3, 1– 2:30 pm
Free



Join Robin Marshall for
another Line Dance Social.
Have fun, dance to lively
music and enjoy light
refreshments.

No partners needed!

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PLEASE NOTE:

Due to the early release of the December Hi-Lites, some information may be subject to change or updates. Please be alert for possible announcements or updates.

Thank you for your understanding in our effort to getting the information out to you as early as possible, due to the Winter Holidays!



Christmas Day (Observed): Fri., 12/24/2021

&

**New Year's Day (Observed):
Fri., 12/31/2021**



Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906
Phone: (240) 777-4999

Center Hours:
Monday thru Friday 9 a.m. - 4:00 p.m.



BELLY BEND DANCE DEMO



Tuesday, 1/18/2021, 1:00 pm. Free

Come and check out the demo for the Belly Bend Dance class with Ann Brandstater.

This class has been a terrific hit in our evening line-up and we are now offering a demo for you to try during the daytime. A fun dance class which blends traditional belly dance with other types of dances, Latin, African, Modern Dance etc.

This class will start in the winter season. Check out the January newsletter for more information!

COFFEE WITH A COP

Wed., 12/8, 9:30 am

Enjoy conversation and a cup of Joe with Officer Katie Beard from Montgomery County Police and learn more about your community and discuss safety concerns.

This time around we will also be building a Gingerbread House!

Free! - Monthly!



SPECIAL EVENTS:



Cocoa Social

Wed., 12/1/2021, 1:00 pm

Youmna and Janet will delight us with another Social. Hot chocolate and good company. Dorothy will bring the fun with some Trivia to keep us entertained! Free!

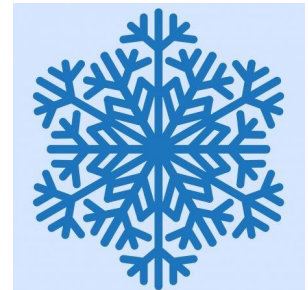
We will be calling those who already registered for the October Social that got canceled.

Snowflake Social with Jesse Palidofsky

Wed., 1/12/2021, 1:00 pm. Free!

Youmna and Janet will celebrate Winter with this snowflake party! Jesse will be playing in the background to make this a memorable winter wonderland!

Pre-registration required at the Front Desk.



Information for YOU!



THE 2021 EVENING PROGRAM ENDED NOVEMBER, 10TH, AND WILL RECOMMENCE IN THE SPRING OF 2022 .

Are you wondering how to find the Holiday Park Newsletter AKA Hi-Lites???

Here are the best ways to get your copy:

1– Sign up for the digital copy of the newsletter. You will have to provide your email at the Front Desk. Once you do that, you will be receiving the newsletter directly into your mailbox. How easy is that!!

2– Go to mcorec.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

3– At the Front Desk of Holiday Park. We have limited copies, and they sometimes run out, however we do have a copy displayed under the screen at the lobby, across from the Front Desk that is always on display!

We have made many options available for you to choose from, we hope you find the one that is best suited for you!



Registering for ActiveMontgomery activities is easy!

You can register:

1– Online by logging onto www.activemontgomery.org and adding the activity number to your cart, once you have registered into your account, and conveniently paying online using your credit card from the comfort of your home.

2– By registering at Holiday Park or any other Recreation Center by providing the Activity number, listed in the description of the activity. Again, you can pay by Credit Card, Check or Cash.

We look forward to seeing you register for these activities.

Inclement Weather Policy

Holiday Park follows Montgomery County Schools inclement weather closing policy:

-If county schools are closed due to inclement weather, all center activities are cancelled including the lunch program and the transportation program.

- If county schools are on a delayed opening schedule, there will be no lunch program and the center bus will not run. The center will open at 10:00 am. Call the Center to make sure the Center is open and accessible.

-If county schools close early, center activities may be cancelled. Call the center for updates.

Please call the main line 240-777-4999 for a recorded update of the center's operating hours and/or check your Local News for Alerts. You can also get messages by registering at AlertMontgomery: alert.montgomerycountymd.gov.

Classes and Drop-in Activities

Please Register at the Front Desk. For more information call: **240-777-4999**

Fitness and Dance

AS EASY AS ABC... Exercise Class

Taught by Matt Rundell. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

Beg.	Thu	1/13-3/17	12-12:50pm	\$30/ HPSI
Adv.	Thu	1/13-3/17	11-11:50 am	\$30/ HPSI

BALLROOM: INTERMEDIATE

Taught by Ron & Amy Wagaman. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcomed. **Smooth: Waltz & Foxtrot. Rhythm: Salsa & Samba.**

Smooth:	Wed	1/12- 3/16	2:30-3:20pm	\$40/ HPSI
Rhythm:	Wed	1/12- 3/16	3:30-4:20pm	\$40/ HPSI

CHAIR AEROBICS

Taught by Judy Dorset. Returning in Spring

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming Shan. Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11- 11:50 am	Free
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CHAIR DANCE

Taught by Sharon Katz. Chair Dancing is designed for adults who need to use a chair for extra support while they have fun exercising to music.

To register: email: HolidayParkSeniors@outlook.com

Virtual	Thu	1/13-3/17	1-1:50pm	\$30/ HPSI
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EASY FIT DANCING

Taught Marcia Young. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights to the class. **No classes: 1/17 & 2/21.**

Mon	1/10—3/14	1-1:50pm	\$24/ HPSI
Thu	1/13-3/17	1-1:50pm	\$30/ HPSI

EXERCISE WITH MILAN

Taught by Milan Karlan. A warm up class to start the day right.

Wed	Ongoing	9:30-10:00am	Free
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FITNESS EQUIP. ORIENTATION

Training of the safe use of the fitness room's equipment. MCR ActiveMontgomery **Activity # 139752** (see pg. 3 for how-to register)

Mon	12/13	1-2:30 pm	\$10
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HATHA YOGA FOR ALL

Taught by Debbie Helfeld. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. **Registration for the virtual Chair Dance class can be done by emailing: HolidayParkSeniors@outlook.com**

Virtual	Tue	1/11-3/15	9- 9:50am	\$30/ HPSI
In-person	Fri	1/14-3/18	9- 9:50am	\$20/ HPSI

HULA DANCE (Beginner)

Taught by Dawn Felsen. A class that will teach the mechanics of Hula dance steps & hand movements. Students will also, learn the history and the terminology of Hula. **No classes: 1/17& 2/21.**

Mon	1/10-3/14	2- 2:50pm	\$24/ HPSI
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HULA INTERMED. CHOREOGRAPHY

Taught by Dawn Felsen. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements. **No classes: 1/17& 2/21.**

Mon	1/10-3/14	1- 1:50pm	\$24/ HPSI
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INTERNATIONAL FOLK DANCING

Taught by Sharon Katz. Easy and fun dances from around the world. No previous experience is needed.

Fri	1/14-3/18	11-11:50am	\$20/ HPSI
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LINE DANCE- PARTY FAVORITES

Taught by Robin Marshall. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

Lv I	Thu	1/13-3/17	11-11:50am	\$20/ HPSI
Lv II	Thu	1/13-3/17	11-11:50am	\$20/ HPSI

NIA DANCE FITNESS

Taught by Smita Khatri. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.

Thu	1/13-3/17	9:00- 9:50am	\$30/HPSI
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TAI CHI EXERCISES

Taught by Charles Votaw & Milan Karlan. Join this relaxing form of exercises.

Tue	Ongoing	9:30- 10:20am	Free
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

TAI CHI SWORD

Taught by Wendy Lim. An ancient form of exercise. This class is designed for students with some experience. **No class: 12/6.**

Mon	Ongoing	2:30-3:25pm	Free
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TAP DANCING

Taught by Denise Love. Beginning tap dance classes focus on learning single tap steps, then incorporating the steps into series of combinations. MCR ActiveMontgomery **Activity # 138560** (see pg. 3 for how-to register)

Wed	1/12-3/16	1-1:50pm	\$40
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YOGA FOR BALANCE

Taught by Linda Smith, Ph.D. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	1/11-3/15	10-10:50am	\$30/ HPSI
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YOGA (CHAIR)

Taught by Linda Smith, Ph.D. Low impact using bands to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	1/11-3/15	11:15-12:05pm	\$30/ HPSI
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YOUR BODY IS MEANT TO MOVE

Taught by Regine Clermont. Exercises balance & strength with balls, bands and weights. Seated & standing movements for people with varying abilities and physical limitations. Please make sure to bring your own weights and other equipment for the classes.

Basic	Tue	1/11-3/15	10-10:50am	\$30/ HPSI
Int.	Tue.	1/11-3/15	11-11:50am	\$30/ HPSI

ZUMBA

Taught by Ann Brandstader. All-body exercise with Latin rhythms to keep you balanced and give you strength.

Tue	1/11-3/15	11-11:50am	\$30/ HPSI
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ZUMBA GOLD ADVANCED

With Mitzi of Rendezvous Dance and Fitness Studio. The original dance-fitness party.

Wed	1/12-3/16	10-10:50am	\$30/ HPSI
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ZUMBA GOLD TONING

With Mitzi of Rendezvous Dance and Fitness Studio. Incorporates Gold workout with light weight training.

Fri	1/14-3/18	10-10:50am	\$30/ HPSI
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Arts and Crafts

CHINESE BRUSH PAINTING

Taught by Peihua Chiang (Nicki). Learn the basics and explore how to paint flowers, birds and small animals.

Thu	1/13-3/17	1-2:50pm	\$30/HPSI
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DRAWING (BASIC)

Taught and hosted by Steve Hanks. Learn the fundamentals of drawing.

Virtual	Tue	1/11-3/29	1- 3pm	\$130/ HPSI
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KNIT & CROCHET WORKSHOP

Led by Shirley McIntosh and Carma Wilson. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for area charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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WATERCOLOR (INT. & ADV.)

Taught and hosted by Steve Hanks. Expand your knowledge of watercolor technique. **No classes: 1/17&2/21.**

Virtual	Mon	1/10-3/28	10- 12pm	\$110/ HPSI
Virtual	Tue	1/11-3/29	10- 12pm	\$130/ HPSI

WOODCARVING

Led by Val Hildebrand. Experienced hobbyists offer basic instruction and assistance. Drop-in.

Fri	Ongoing	1:00-2:55pm	Free
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Language Classes

EVERYDAY ENGLISH

Vocabulary and conversational English to help you get comfortable in everyday conversation.

Basic w/ Deb	Tue.	Ongoing	10:00-10:55am	Free
Basic w/ Deb	Thu	Ongoing	10:00-10:55am	Free

FRENCH: BASIC & INTERMEDIATE

Taught by Gilles Gouin. Learn and practice your French. **No classes: 3/9**

Virtual	Basic	Wed	1/12-3/23	9- 9:50am	\$25/ HPSI
Virtual	Int.	Wed	1/12-3/23	10-10:50am	\$25/HPSI

FRENCH (CONVERSATION)

Taught by Gilles Gouin. Practice your French by holding conversations in French. **No classes: 3/9**

Virtual	Wed	1/12-3/23	11-11:50am	\$25/ HPSI
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The 1:00 PM Holiday Park Daily Show – December 2021

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Cocoa Social

Wed. Dec. 1

Youmna and Janet will delight us with another Social. Hot chocolate and good company. Pre-registration required.

The Benefits of Being Kind with Adventist HealthCare

Thu. Dec. 2

Join us for this virtual gathering as we discuss the practices of being kind and the health benefits altruistic behavior has on our body, spirit & mind. Presented by Bozena Skraban.

Line Dancing with Robin Marshall 1– 2:30 PM

Fri. Dec. 3

The Line Dance Socials are back! No partners required. Light refreshments served.

Lecture: Fire Safety for the Holidays with Jim Resnick, Fire & Rescue Services

Mon. Dec. 6

The pretty decorations and candles look very nice for the Holiday Season, however they are also responsible for many fires. Jim will join us to explain the different hazards that surround us as we face the Holiday Season!

Pearl Harbor Documentary with Gerald Schneider, Ph.D.

Tue. Dec. 7

A DVD history of Japan from 1931 to 1942 leading up to and including the Japanese attack on Pearl Harbor followed by a speculative conversation led by Gerald Schneider, Ph.D. on if the attack could have been avoided by better U.S. policy.

Live Music with Tim Amann

Wed. Dec. 8

Tim is back with his Holiday tunes. This is a special performance that you do not want to miss to get you ready for the Holiday season!

Nutrition Talk: Diabetes 101 with Rhonda Beth Brandes, RD, LDN

Thu. Dec. 9

Rhonda is back to give us vital information about Diabetes and our diet. With Diabetes affecting so many parts of our body, diet can have a major impact in improving our quality of life. For those who are not affected by Diabetes, this lecture is also important to learn important facts about Diabetes and preventative strategies.

Dance Club Friday with Mike Surratt 1– 3 PM

Fri. Dec. 10

Mike joins us for another dance with his music and his smooth tunes. Light refreshments served.

Getting (Mentally) Ready to Declutter Your Home with Stephanie Svec

Mon. Dec. 13

Affiliated Santé Group is back with Stephanie Svec to discuss the emotional aspects of decluttering your home. We become attached to our belonging and we accumulated “stuff”. Stephanie will help us navigate our emotions when it is time to declutter and how to detach those feelings while not losing the memories that those objects hold dear to us.

Bingo with Carmen

Tue. Dec. 14

Carmen calls the numbers. Fun prizes and a good time with your friends!

Live Music with Frank Plumer

Wed. Dec. 15

Frank Plumer will be joining us for the first time since the Pandemic! He will delight us with his wonderful songs and entertainment.

The 1:00 PM Holiday Park Daily Show – December 2021

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Movie: “Serendipity” (2001) 90 min.

Thu. Dec. 16

On a magical night when they are in their 20s, Jonathan (John Cusack) meets Sara (Kate Beckinsale). He finds love at first sight, but Sara believes in destiny. After 10 years the two -- with 3,000 miles between them -- must decide if fate wants them to be together again. When love feels like magic, it is called destiny; when destiny has a sense of humor, it is serendipity.

Dance Club Friday with The Metropolitan 1– 3 PM

Fri. Dec. 17

Eric, The Metropolitan joins us for another dance with his amazing voice. Light refreshments served.

Movie: “The Family Stone” (2005) 103 min.

Mon. Dec. 20

An uptight, conservative businesswoman accompanies her boyfriend to his eccentric and outgoing family's annual Christmas celebration and finds that she's a fish out of water in their free-spirited way of life. With Dianne Keaton, Sarah Jessica Parker, Luke Wilson, Rachel McAdams.

Wii Bowling

Tue. Dec. 21

Get your competitive side going and prove that you are the best bowler in town!

Everyone’s Got A Story

Wed. Dec. 22

Steve is back to facilitate another interesting story into a Center participant’s life experiences. Don’t miss out!

Coffee and Conversation with Staff

Thu. Dec. 23

As we wind down for the Holidays let’s get together and sit down for some conversation and light treats, to get to know each other better and have a great time!

Fri. Dec. 24

CENTER CLOSED—CHRISTMAS DAY (OBSERVED)

Mon. Dec. 27

NO PROGRAM—Center Open

Tue. Dec. 28

NO PROGRAM—Center Open

Wed. Dec. 29

NO PROGRAM—Center Open

Thu. Dec. 30

NO PROGRAM—Center Open

Fri. Dec. 31

CENTER CLOSED—HAPPY NEW YEAR!

Classes and Drop-in Activities

Please Register at the Front Desk. For more information call: **240-777-4999**


Language Classes Continues

INTRO. TO HINDI

Taught by Uma Mani. Learn basic conversational skills in Hindi including greetings and introductions, everyday words, numbers and many more. **No classes: 1/17 & 2/21.**

Mon	1/10-3/14	11-11:50am	Free
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SIGN LANGUAGE (BASIC)

Taught by Michelle DeStefano. Learn the basics of sign language to communicate with the deaf and hard of hearing. 

Virtual	Tue	1/11-3/15	1-1:50pm	\$20/ HPSI
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Performing Arts

ACTING CLASS

Led by Steffi Phelan. Learn acting exercises such as tongue twisters, improvisation, and character development to sharpen acting skills. This class will work on staging a scene or set of scenes chosen based upon the strengths and interests of the participants and may perform for the Holiday Park Community. ActiveMontgomery **Activity # 142426** (see pg. 3 for how-to register) 


Thu	1/13- 3/3	2- 3:30pm	\$35
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CIRCLE SINGING

Led by Cynthia Thurston. Will resume in the Spring.

Games

BRIDGE FOR BEGINNERS II

Taught by Rochelle Cohen. Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. As long as you are familiar with the basic mechanics of the game, this class is for you. Learn the fundamentals of modern bidding, play of the hand, and some defensive principles via short lessons followed by supervised play. MCR ActiveMontgomery **Activity # 142426** (see pg. 3 for how-to register) 

Thu	1/13- 3/17	1- 3pm	\$40
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BRIDGE (Open Party)

Larry Sancilio hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
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MAH JONGG

Donna Wood hosts. Drop-in and enjoy playing with friends.

Mon	Ongoing	1:00- 4:00 pm	Free
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SCRABBLE

Ray Greene hosts. Drop-in board game.

Wed	Ongoing	1:00pm	Free
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Special Interests

BEHIND THE HEADLINES

Gerald Schneider, PhD facilitates this drop-in discussion.

Mon	Ongoing	10:00-11:25am	Free
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PHOTOGRAPHY CLUB

Led by Alan Frazier. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month. Drop-in.

Wed	12/1 & 12/15	10-12noon	Free
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WRITING GROUP

Writing group led by Ray Greene where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free
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REMINDER!!!

CLASS REGISTRATION INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday**, when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

The payments and registration forms must be made out individually for each class.

To register for virtual classes, please email: HolidayParkSeniors@outlook.com

Multicultural Programs

LA ESQUINA LATINA

Cafecito y Amistad (Active Living in Spanish)

Con Dolors Ustrell. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en ActiveMontgomery Actividad: #138726.

Lu	Seguido	9:30-10:30 am	Gratis
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Conversación en Inglés (Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	10:00-10:55am	Gratis
Ju	Seguido	11:00-11:55am	Gratis

Artes manuales con Carmen Sánchez, los martes y jueves de 10:30—11:55 am

Ma	Seguido	10:30-11:55am	Gratis
Ju	Seguido	10:30-11:55am	Gratis

Superando los Cambios: Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapeuta de Santé Group José Hernández.

Ma	Seguido	11:00-11:55 am	Gratis
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Toma de tensión arterial: con Gladys López

Lu	Seguido	10:00-12:00 pm	Gratis
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Para más información, comuníquese con
Maria Mercedes al 240-777-4965

Partnership Programs

AARP SMART DRIVER CLASSES

AARP Smart Driver in-person classes will commence in Winter 2022. The online courses are available for you to register. Please visit: <https://www.aarp.org/auto/driver-safety/locations.html?intcmp=DC-ATO-ADS-RFRSH-LL1>



Plant Room



Save your plants from Winter!

- 1- Keep your plants warm, but not hot. (daytime 65F –75F and nights above 50F).
- 2- Reduce your watering and use warm water. Water once a week but half of what you used in summer.
- 3- Increase your home's humidity. Keep humidity levels at 50%-60%.
- 4- Clean your plants so they can absorb what sunlight there is.
- 5- Give them plenty of light! Rotate pots if necessary to be sure all plants get enough sunlight. If needed use a grow lamp.

Health and Wellness Services

BLOOD PRESSURE SCREENING - Mondays: 10—12 noon. There will be a Spanish speaker available for screenings from 10:30-12 noon.

MEDICAL EQUIPMENT LOAN CLOSET - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff to verify availability of equipment.



COUNSELING SUPPORT GROUPS

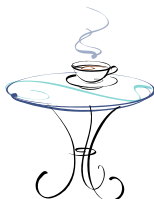
COPING WITH CHANGE - Thursdays 10:30—11:25 am.

Led by social worker Stephanie Svec, LCPC. Drop-in. Free. Individual appointments for consultations available at 11:30 am. Call 301-572-6585 x 2104 for appointments.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

Center Services



The Café

*Is Open
Monday thru Friday
from 9:30am to 1pm,
volunteers permitting*



THE GIFT SHOP

*Is Open
Tues. thru Thur.
from 9:30am to 1pm,
volunteers permitting*

GAME ROOM

On our second floor. Several tables to enjoy a good game with a friend. Open daily. Drop-in.

MOBILE POST OFFICE

The Post Office will be at the center to assist you with your mailing needs. Tuesdays, 10:30 am– 11:30 am.

OPEN GYM—FITNESS ROOM

Open Monday through Friday, from 9 am until closing. Drop-in. Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation and Fitness Room Strength Training for closed times.

PING PONG ROOM

On our second floor. Three tables to enjoy a good ping-pong match with a friend. Open daily. Drop-in.

PLANT ROOM

We are delighted to welcome you back to the HPSI Plant Room. We are open on Tuesdays and Fridays from 10-12. Please come by and see us. We have a nice assortment of plants for sale at just \$1.00 each.

POOL/BILLIARD ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a good time with other players. Drop-in.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Josephs. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$5.93). Please make or cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.



*****Please bring exact change to make your donation!! *******

Transportation Options For Older Adults

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. ***Leisure World residents***, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).



**Holiday Park
Senior Center Directory:**

Dolors Ustrell,
Center Director

Staff:

Justin Arias
Younna Badr
Arthur Clemmer
Maria Mercedes Diaz
Gail Jacobson
Alina Johnson-Weider
Anita Knox
Estrella Rodriguez
India Wilson

**Holiday Park Seniors,
Inc. (HPSI)**

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:

Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

***Look What is Coming in January 2022...
A sampling of Holiday Park 1:00 pm Programs***

Jan. 3, M.	Movie
Jan. 4, T.	Documentary: Birds of Passage
Jan. 5, W.	My Career: Mike Susser from Night & Day Band
Jan. 6, Th.	The Price is Right—Energy Edition with Larissa Johnson, from the Dept. of Environmental Protection.
Jan. 7, F.	Dance Club Friday with Mark Hanak
Jan. 10, M.	My Career with Captain Erin Wirth, Fire Investigator
Jan. 11, T.	Bingo with Carmen
Jan. 12, W.	Snow Flake Social with Youmna and Janet, and Jesse Palidofsky
Jan. 13, Th.	Combating Loneliness with Adventist HealthCare
Jan. 14, F.	Dance Club Friday with Mike Surratt
Jan. 17, M.	Center Closed - Martin Luther King, Jr. Day
Jan. 18, T.	Belly Band Dance Demo
Jan. 19, W.	MLK Jr.'s legacy and influence on Civil Rights
Jan. 20, Th.	Live Music with Steve Gellman
Jan. 21, F.	Dance Club Friday with Rearview Mirror
Jan. 24, M.	How to Overcome the Blues and SAD discussion with José Hernández from Affiliated Santé
Jan. 25, T.	Medication Management Lecture and Take Back Event
Jan. 26, W.	TBA
Jan. 27, Th.	Holocaust presentation with Gerry Schneider, PhD.
Jan. 28, F.	Line Dance Social with Robin Marshall
Jan. 31, M.	Celebrating Puzzle Day with Sallie

*NOTE: Please be advised that programs are subject to change.
Check the daily schedule near the front door for the most current information.*

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Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership will resume January 1st, 2022. This \$20.00 a year Card allows you to receive reduced rates for classes and programs. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system, so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.